2003 California Children's Healthy Eating and Exercise Practices Survey

Table 2: Total Servings of Fruits and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

Fruits, Juices, Vegetables and Salads Salads Salads Total		Reported Mean Servings		
Gender Males 3.2 1.8 1.4 Females 3.2 1.8 1.4 Ethnicity White 4.0° 1.6° *** 1.2 African American Latino 3.3°bc 3.3°bc 1.8°abc *** 1.2 Asian/Other 3.3°bc 3.5°bc 1.8°abc *** 1.2 Asian/Other 4.1° *** 2.5°c 1.4 Income 4.1° *** 2.2°bc 1.3 \$2,999 \$50,000 \$49,999 3.4°b 2.9°a 1.4 2.5°c 1.3 Federal Poverty Level 3.4°b 3.6 ** 2.1°b 1.4 1.5 1.4 1.4 1.4 1.5 1.4 1.4 1.5 1.4 1.4 1.5 1.4 1.4 1.5 1.4 1.5 1.4 1.5 1.4 1.4 1.5 1.7 1.3 1.3 1.7 1.3 1.5 1.7 1.3 1.5 1.5 1.7 1.3<		Vegetables and		
Males 3.2 1.8 1.4 Females 3.2 1.8 1.4 Ethnicity White 4.0° 2.5° 1.4 African American 4.0° 3.3°bc 1.8°b 1.5 Latino 3.3°bc 1.8°b 1.5 Asian/Other 3.3°bc 1.8°b 1.5 Income ≤\$19,999 \$20,000 - \$49,999 2.9°a 1.6°a *** 1.5 ≤\$19,999 \$20,000 - \$49,999 2.9°a 1.6°a *** 1.5 \$50,000 3.6 *** 1.6°a *** 1.5 Federal Poverty Level 3.6 ** 1.6°a *** 1.5 \$1,9°b 1.4 1.4 1.6°a *** 1.5 \$1,9°b 1.4 1.6°a 1.5 1.5 \$1,9°b 1.4 1.4 1.6°a 1.8°a 1.3 \$2,0°b 1.8°a 1.8°a 1.4 1.7°a 1.3 \$2.1 ** 1.7°a 1.3 1.3 1.7°a 1.3 \$2.6°b ** 1.7°a 1.3 1.7°a 1.3 1.5°a \$2.6°b minutes 3.1 1.7°a 1.3 1.7°a 1.3		3.2	1.8	1.4
Females Ethnicity White 3.2 1.8 1.4 African American 1.6° 1.2 1.8° 1.4 Latino 3.3°bc 1.8°b 1.5 1.4 Asian/Other 1.8°b 1.8°b 1.5 1.4 Income 4.1° 3.3°bc 1.8°b 1.5 1.5 \$20,000 - \$49,999 \$50,000 4.1° *** 2.2°c 1.3 1.4 \$2,9°a 3.4° 2.9°a 1.6°a *** 1.5 1.5 \$2,000 - \$49,999 \$50,000 \$41,999 1.4 1.6°a 1.3 1.4 1.6°a 1.7 1.3 1.3 1.7 1.3 1.3 1.7 1.3 1.3 1.7 1.3 1.5 1.7 1.3 1.5 1.7	Gender			
Ethnicity White African American 4.0° Latino 3.3°bc Asian/Other 1.8°ab Income 4.1° ≤\$19,999 3.4°b \$20,000 - \$49,999 3.4°b ≥\$50,000 3.6 Federal Poverty Level 3.6 ≤ 185% 3.0 > 185% 2.1 Food Stamps Yes 3.1 No 3.1 Overweight Status Not at Risk 3.0 At Risk/Overweight Physical Activity ≥60 minutes <0 minutes		~	1.8	* * *
White African American Latino Latino Latino Latino Latino Asian/Other 2.8° 4.0° 3.3° bc 1.8° b 2.2° bc 1.3 1.6° 2.5° 1.4 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5	Females	3.2	1.8	1.4
African American Latino Asian/Other Income	Ethnicity			
Latino Asian/Other Income ≤\$19,999 \$20,000 - \$49,999 ≥\$50,000 Federal Poverty Level ≤ 185% > 185% > 185% Food Stamps Yes No Overweight Status Not at Risk At Risk/Overweight Physical Activity ≥60 minutes < 60 minutes	White	2.8 ^a **	1.6 ^a ***	1.2
Latino Asian/Other Income	African American	4 0°	2.5 ^c	1.4
Asian/Other Income	Latino	3.3 ^{abc}	1.8 ^{ab}	1.5
\$\leqsigma\$\frac{\sint}{19,999}\$\$\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	Asian/Other	3.5 ^{bc}	2.2 ^{bc}	1.3
\$20,000 - \$49,999 ≥\$50,000 Federal Poverty Level ≤ 185% > 185% Food Stamps Yes No Overweight Status Not at Risk At Risk/Overweight Physical Activity ≥60 minutes < 60 minutes	Income			
\$20,000 - \$49,999 ≥\$50,000 Federal Poverty Level ≤ 185% > 185% Food Stamps Yes No Overweight Status Not at Risk At Risk/Overweight Physical Activity ≥60 minutes < 60 minutes	<u><</u> \$19,999	4.1 ^c ***	2.6 ^c ***	1.5
≥\$50,000 Federal Poverty Level ≤ 185% > 185% Food Stamps Yes No Overweight Status Not at Risk At Risk/Overweight Physical Activity ≥60 minutes <60 minutes Yes No School Breakfast Yes No School Lunch Yes No No No Substitute Note of the provided at the pr	\$20,000 - \$49,999			1.4
Federal Poverty Level	<u>></u> \$50,000		1.6 ^a	1.3
> 185% Food Stamps Yes No Overweight Status Not at Risk At Risk/Overweight Physical Activity ≥60 minutes <60 minutes	Federal Poverty Level			
> 185% Food Stamps Yes No Overweight Status Not at Risk At Risk/Overweight Physical Activity ≥60 minutes <60 minutes	<u><</u> 185%	3.6 **	2.1 **	1.4
Yes 4.3 ** 1.7 ** 1.3 ** 1.7 1.3 ** 1.7 1.3 ** 1.3 ** 1.3 ** 1.3 ** 1.3 ** 1.3 ** 1.5 ** 1.5 ** 1.5 ** 1.5 ** 1.5 ** 1.5 ** 1.5 ** 1.5 ** 1.5 ** 1.5 ** 1.5 ** 1.5 ** 1.5 ** 1.3 ** 1.7 1.3 ** 1.7 1.3 ** 1.7 1.3 ** 1.7 1.3 ** 1.7 1.3 ** 1.7 1.3 ** 1.7 1.3 ** 1.7 1.3 ** 1.7 1.3 ** 1.7 1.3 ** 1.7 1.3 ** 1.7 1.3 ** 1.7 1.3 ** 1.7 1.3 ** 1.7 1.3 ** 1.4 ** 1.4 ** 1.4 ** 1.4 ** 1.4 ** 1.4 ** 1.5 <td>> 185%</td> <td></td> <td>1.7</td> <td>1.3</td>	> 185%		1.7	1.3
No 3.1 1.8 1.3 Overweight Status 3.0 *** 1.7 ** 1.3 * No at Risk At Risk/Overweight Physical Activity 3.6 1.7 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.3 1.5 1.5 1.5 1.5 1.3 1.3 1.4 1.3 1.5 1.5 1.3 1.3 1.4 1.3 1.5 1.5 1.3 1.3 1.5 1.3 1.3 1.5 1.3 1.3 1.5 1.5 1.3 1.3 1.3 1.3 1.4 1.3 1.3 1.4	Food Stamps			
Overweight Status 3.0 *** 1.7 ** 1.3 * Not at Risk 3.6 3.6 1.7 ** 1.3 * Physical Activity ≥60 minutes 3.3 1.9 1.4 <60 minutes	Yes	4.3 **	2.6 **	1.7 *
Overweight Status 3.0 *** 1.7 ** 1.3 * Not at Risk 3.6 3.6 *** 1.7 ** 1.3 * Physical Activity ≥60 minutes 3.3 1.9 1.4 * * 1.3 * 1.3 * * 1.3 * * 1.3 * * 1.3 *	No	3.1	1.8	1.3
At Risk/Overweight 3.6 2.1 1.5 Physical Activity ≥60 minutes 3.3 1.9 1.4 <60 minutes	Overweight Status			
Physical Activity ≥60 minutes 3.3 1.9 1.4 <60 minutes	Not at Risk	3.0 ***	1.7 **	1.3 *
≥60 minutes	At Risk/Overweight	3.6	2.1	1.5
≥60 minutes	Physical Activity			
School Breakfast 4.0 *** 2.5 *** 1.5 No 3.0 1.7 1.3 School Lunch 3.3 * 1.9 1.4 No 3.0 1.7 1.3 Nutrition Lesson 3.2 1.8 1.4 No 3.2 1.9 1.3 Exercise Lesson 3.2 1.8 1.4 Yes 3.2 1.8 1.4		3.3	1.9	1.4
School Breakfast 4.0 *** 2.5 *** 1.5 No 3.0 1.7 1.3 School Lunch 3.3 * 1.9 1.4 No 3.0 1.7 1.3 Nutrition Lesson 3.2 1.8 1.4 No 3.2 1.9 1.3 Exercise Lesson 3.2 1.8 1.4 Yes 3.2 1.8 1.4	<60 minutes	3.1	1.7	1.3
Yes 4.0 *** 2.5 *** 1.5 No 3.0 1.7 1.3 School Lunch 3.3 1.9 1.4 Yes 3.0 1.7 1.3 Nutrition Lesson 3.2 1.8 1.4 No 3.2 1.9 1.3 Exercise Lesson 3.2 1.8 1.4 Yes 3.2 1.8 1.4	School Breakfast			
No 3.0 1.7 1.3 School Lunch 3.3 * 1.9 1.4 No 3.0 1.7 1.3 Nutrition Lesson 3.2 1.8 1.4 No 3.2 1.9 1.3 Exercise Lesson 3.2 1.8 1.4 Yes 3.2 1.8 1.4		4.0 ***	2.5 ***	1.5
School Lunch Yes 3.3 * 1.9 1.4 No 3.0 1.7 1.3 Nutrition Lesson 3.2 1.8 1.4 No 3.2 1.9 1.3 Exercise Lesson 3.2 1.8 1.4 Yes 3.2 1.8 1.4	No			
Yes 3.3 * 1.9 1.4 No 3.0 1.7 1.3 Nutrition Lesson 3.2 1.8 1.4 Yes 3.2 1.9 1.3 Exercise Lesson 3.2 1.8 1.4 Yes 3.2 1.8 1.4	· · ·	3.0	1.7	1.0
No 3.0 1.7 1.3 Nutrition Lesson 3.2 1.8 1.4 Yes 3.2 1.9 1.3 Exercise Lesson 3.2 1.8 1.4 Yes 3.2 1.8 1.4		2.2 *	1 0	1 /
Nutrition Lesson 3.2 1.8 1.4 No 3.2 1.9 1.3 Exercise Lesson 3.2 1.8 1.4				
Yes 3.2 1.8 1.4 No 3.2 1.9 1.3 Exercise Lesson 3.2 1.8 1.4 Yes 3.2 1.8 1.4	· · ·	3.0	1.7	1.3
No 3.2 1.9 1.3 Exercise Lesson 3.2 1.8 1.4		2.2	1.0	1 /
Exercise Lesson Yes 3.2 1.8 1.4			_	
Yes 3.2 1.8 1.4		3.2	1.9	1.3
No 3.2 1.8 1.3				
	No	3.2	1.8	1.3

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

California Department of Health Services: September 2005

^{*} p<.05

^{**} p<.01

^{***} p<.001